

Amendments to the Claims:

This listing of claims will replace all prior versions, and listings, of claims in the application:

Listing of Claims:

- 1.-5. (cancelled)
6. (previously presented) An exercise unit comprising:
 - a frame;
 - a seat positioned on said frame;
 - a resistance engine attached to said frame and utilizing elastomere springs;
 - an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable; and
 - a spiral pulley positioned between said resistance engine and said cable.
7. (previously presented) An exercise unit comprising:
 - a frame;
 - a seat positioned on said frame;
 - a resistance engine attached to said frame and utilizing elastomere springs;
 - an actuator attached to said resistance engine wherein said resistance engine provides a constant load to a user when said actuator is actuated, and wherein said actuator comprises a cable;
 - means for modifying said increasing load into a constant load when a user actuates said resistance engine.
8. (original) An exercise unit as defined in claim 7, wherein said means comprises a spiral pulley.
9. (original) An exercise unit comprising:
 - a frame;
 - a seat positioned on said frame;
 - means, attached to said frame, for providing a constant load to a user, said

means utilizing resilient bands;

an actuator attached to said means.

10. (original) An exercise unit as defined in claim 9, wherein:
said means are located below said seat.

11. (original) An exercise unit as defined in claim 10, wherein:
said frame defines a bench exercise unit.

12. (original) An exercise unit as defined in 9, wherein:
said means includes a means for pre-loading.

13.-72. (cancelled)

73. (previously presented) An exercise unit comprising:
a frame;
a seat positioned on said frame;
a resistance engine attached to said frame and utilizing elastomere springs;
an actuator attached to said resistance engine wherein said resistance engine
provides a constant load to a user when said actuator is actuated, and wherein said actuator
comprises a cable and a handle coupled to said cable.

74.-76. (cancelled)